

Coriander-Crusted Chicken with Mango Recipe

Ingredients: Serves 8-10

1 tablespoon ground coriander seeds
450g boned chicken breasts, skin removed
3 tablespoons sunflower or olive oil
4-6 large garlic cloves, crushed
½ teaspoon chili powder
½ teaspoon salt
3 tablespoons lime juice
3 tablespoons finely chopped fresh coriander
1 large ripe fresh mango, cut into 1cm cubes

Method:

Using a coffee grinder or mortar and pestle, grind the coriander seeds to a coarse texture. Cut the chicken into 1cm cubes. Heat the oil in a large, non-stick frying pan over a low heat. When hot, add the garlic and fry until it is lightly browned. Increase the heat to medium-high and add the chicken, then stir-fry for 8-10 minutes. Add the ground coriander and chili powder and continue to stir-fry for 3-4 minutes, stirring constantly. Add the lime juice and stir-fry for about a minute. Stir in the coriander leaves, remove from the heat and let cool. Arrange a piece of chicken and a cube of mango on cocktail sticks and serve. For a vegetarian version, use cubed mango, pineapple and feta cheese. Cook the spices as above, take the pan off the heat and toss in the fruits and cheese.

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